

SALLISAW PUBLIC SCHOOLS

Liberty Elementary School

Breakfast and Lunch Menu

September 2022



Available to Kindergarten, First, Second and Transition: Turkey & Cheese or Ham & Cheese Sandwich, Fruit, Veggie, Chips and Milk

No Sack Lunches Available

Breakfast and Lunch Served with variety milk choice

	, Fruit, Veggie, Chips and Milk	140 Sack Euriches Available		Ted with variety mink choice
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Kid's Health Eating Plate	Marie Constitution of the	Sallisaw Public Schools is proud to announce that Breakfast and Lunch will be served FREE to Liberty, Eastside and Sallisaw Middle School for the 2022-2023 school year.	Septe	mber
5	6	7	8	9
<u> </u>	Cinnamon Toast	Pancakes	Cereal & WG Toast	Biscuits and Gravy
NO SCHOOL	Fruit	Fruit	Fruit	Fruit
110 0011002	Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk
o •	CornDog	Chicken Nuggets	Beef and Cheese Nachos	Cheese Pizza
*I ADAD	Broccoli w/ Cheese Sauce	Mashed Potatoes & Gravy	Refried Beans	Tossed Salad
LADUR	Fruit	Hot Roll	Salsa	Fruit
	Salad Bar	Fruit	Fruit	Salad Bar
	Milk	Salad Bar	Salad Bar	Jello
		Milk	Milk	Milk
12	13	14	15	16
Breakfast Pizza	Yogurt and Grahams	Mini Waffles	Biscuits and Gravy	
Fruit	Fruit	Fruit	Sausage and Fruit	
Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk	
Hamburger	Vegetable Beef Soup	Baked Chicken Legs	Chicken Quesadilla	Professional Day
French Fries	Cheese Stick	Mashed Potatoes & Gravy	Refried Beans	
Fruit	Salad Bar	Hot Roll	Salsa and Chips	NO
Salad Bar	Cinnamon Roll	Fruit	Fruit	Cabal
Milk	Juice	Salad Bar	Salad Bar	- Cilon
	Milk	Milk	Milk	
19	20	21	22	23
Sausage Biscuit	Bluberry Muffin Bread	Pop Tarts	Biscuits and Gravy	Cereal and WG Toast
Fruit	Fruit	Fruit	Sausage and Fruit	Fruit
Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk
Ham and Cheese Flatbread	Spaghetti w/ Meat Sauce	Breakfast for Lunch	Chicken Taco	Sausage Pizza
Pork n Beans	Green Beans	Scrambled Eggs and Sausage	Sweet Corn	Fresh Broccoli w/ Ranch Dip
Potato Chips	String Cheese	Hashbrown	Salsa and Chips	Fruit
Potato Chips Fruit	String Cheese Breadsticks	Hashbrown Wheat Toast	Salsa and Chips Fruit	Fruit Salad Bar
Potato <i>C</i> hips Fruit Salad Bar	String Cheese Breadsticks Fruit and Salad Bar	Hashbrown Wheat Toast Fruit	Salsa and Chips Fruit Salad Bar	Fruit Salad Bar Pudding
Potato <i>Ch</i> ips Fruit Salad Bar Milk	String Cheese Breadsticks Fruit and Salad Bar Milk	Hashbrown Wheat Toast Fruit Juice, Milk	Salsa and Chips Fruit Salad Bar Milk	Fruit Salad Bar Pudding Milk
Potato Chips Fruit Salad Bar Milk 26	String Cheese Breadsticks Fruit and Salad Bar Milk 27	Hashbrown Wheat Toast Fruit Juice, Milk 28	Salsa and Chips Fruit Salad Bar Milk 29	Fruit Salad Bar Pudding Milk 30
Potato Chips Fruit Salad Bar Milk 26 Breakfast Pizza	String Cheese Breadsticks Fruit and Salad Bar Milk 27 Donut Sticks	Hashbrown Wheat Toast Fruit Juice, Milk 28 French Toast Sticks	Salsa and Chips Fruit Salad Bar Milk 29 Biscuits and Gravy	Fruit Salad Bar Pudding Milk 30 Cereal and WG Toast
Potato Chips Fruit Salad Bar Milk 26 Breakfast Pizza Fruit	String Cheese Breadsticks Fruit and Salad Bar Milk 27 Donut Sticks Fruit	Hashbrown Wheat Toast Fruit Juice, Milk 28 French Toast Sticks Fruit	Salsa and Chips Fruit Salad Bar Milk 29 Biscuits and Gravy Sausage and Fruit	Fruit Salad Bar Pudding Milk 30 Cereal and WG Toast Fruit
Potato Chips Fruit Salad Bar Milk 26 Breakfast Pizza	String Cheese Breadsticks Fruit and Salad Bar Milk 27 Donut Sticks	Hashbrown Wheat Toast Fruit Juice, Milk 28 French Toast Sticks	Salsa and Chips Fruit Salad Bar Milk 29 Biscuits and Gravy Sausage and Fruit Juice, Milk Burrito w/ Cheese	Fruit Salad Bar Pudding Milk 30 Cereal and WG Toast Fruit Juice, Milk Taosted Cheese
Potato Chips Fruit Salad Bar Milk 26 Breakfast Pizza Fruit Juice, Milk	String Cheese Breadsticks Fruit and Salad Bar Milk 27 Donut Sticks Fruit Juice, Milk	Hashbrown Wheat Toast Fruit Juice, Milk 28 French Toast Sticks Fruit Juice, Milk	Salsa and Chips Fruit Salad Bar Milk 29 Biscuits and Gravy Sausage and Fruit Juice, Milk	Fruit Salad Bar Pudding Milk 30 Cereal and WG Toast Fruit Juice, Milk
Potato Chips Fruit Salad Bar Milk 26 Breakfast Pizza Fruit Juice, Milk	String Cheese Breadsticks Fruit and Salad Bar Milk 27 Donut Sticks Fruit Juice, Milk	Hashbrown Wheat Toast Fruit Juice, Milk 28 French Toast Sticks Fruit Juice, Milk	Salsa and Chips Fruit Salad Bar Milk 29 Biscuits and Gravy Sausage and Fruit Juice, Milk Burrito w/ Cheese	Fruit Salad Bar Pudding Milk 30 Cereal and WG Toast Fruit Juice, Milk Taosted Cheese
Potato Chips Fruit Salad Bar Milk 26 Breakfast Pizza Fruit Juice, Milk Chili Dog	String Cheese Breadsticks Fruit and Salad Bar Milk 27 Donut Sticks Fruit Juice, Milk Chicken Spaghetti	Hashbrown Wheat Toast Fruit Juice, Milk 28 French Toast Sticks Fruit Juice, Milk BBQ Smokies	Salsa and Chips Fruit Salad Bar Milk 29 Biscuits and Gravy Sausage and Fruit Juice, Milk Burrito w/ Cheese Sauce	Fruit Salad Bar Pudding Milk 30 Cereal and WG Toast Fruit Juice, Milk Taosted Cheese Sandwich
Potato Chips Fruit Salad Bar Milk 26 Breakfast Pizza Fruit Juice, Milk Chili Dog Potato Wedges	String Cheese Breadsticks Fruit and Salad Bar Milk 27 Donut Sticks Fruit Juice, Milk Chicken Spaghetti Green Beans	Hashbrown Wheat Toast Fruit Juice, Milk 28 French Toast Sticks Fruit Juice, Milk BBQ Smokies Mashed Potatoes and Gravy	Salsa and Chips Fruit Salad Bar Milk 29 Biscuits and Gravy Sausage and Fruit Juice, Milk Burrito w/ Cheese Sauce Spanish Rice	Fruit Salad Bar Pudding Milk 30 Cereal and WG Toast Fruit Juice, Milk Taosted Cheese Sandwich Pork n Beans
Potato Chips Fruit Salad Bar Milk 26 Breakfast Pizza Fruit Juice, Milk Chili Dog Potato Wedges Fruit	String Cheese Breadsticks Fruit and Salad Bar Milk 27 Donut Sticks Fruit Juice, Milk Chicken Spaghetti Green Beans Breadsticks	Hashbrown Wheat Toast Fruit Juice, Milk 28 French Toast Sticks Fruit Juice, Milk BBQ Smokies Mashed Potatoes and Gravy Hot Roll	Salsa and Chips Fruit Salad Bar Milk 29 Biscuits and Gravy Sausage and Fruit Juice, Milk Burrito w/ Cheese Sauce Spanish Rice Salsa and Chips Fruit Salad Bar	Fruit Salad Bar Pudding Milk 30 Cereal and WG Toast Fruit Juice, Milk Taosted Cheese Sandwich Pork n Beans Strawberries and Cake
Potato Chips Fruit Salad Bar Milk 26 Breakfast Pizza Fruit Juice, Milk Chili Dog Potato Wedges Fruit Salad Bar	String Cheese Breadsticks Fruit and Salad Bar Milk 27 Donut Sticks Fruit Juice, Milk Chicken Spaghetti Green Beans Breadsticks Fruit Salad Bar Milk	Hashbrown Wheat Toast Fruit Juice, Milk 28 French Toast Sticks Fruit Juice, Milk BBQ Smokies Mashed Potatoes and Gravy Hot Roll Fruit	Salsa and Chips Fruit Salad Bar Milk 29 Biscuits and Gravy Sausage and Fruit Juice, Milk Burrito w/ Cheese Sauce Spanish Rice Salsa and Chips Fruit Salad Bar Milk	Salad Bar Pudding Milk 30 Cereal and WG Toast Fruit Juice, Milk Taosted Cheese Sandwich Pork n Beans Strawberries and Cake Salad Bar